Type 2 Diabetes

A healthy, balanced way of eating for people with diabetes is no different than for everyone else. There is no need to buy special food or prepare separate meals. You can help to control your blood glucose (sugar) level by eating well and being active.

* Include a variety of foods from each of the five food groups every day. These are grain (cereal) foods, vegetables, fruit, milk and dairy foods, and lean meat and meat alternatives (such as eggs, legumes and nuts).
* Aim for regular meals. Try to spread carbohydrate foods (like cereals and fruit) over the day. This will help balance your blood sugar levels.
* If you take insulin or diabetes tablets you may also need snacks between meals. Check with your doctor, diabetes educator or Accredited Practising Dietitian if you are unsure.
* Get active. Try to be active for at least 30 minutes most days. Being active can help you maintain a healthy weight, and helps insulin to work better in your body. Good activities include walking, cycling, dancing, gardening or carrying the groceries.

*Updated April 2019*